



RULEBOOK

2009-2010

November 25, 2009

Clarification in the award section (blue) at the LA Meet.

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Section A: General Rules for Competitions held in Ontario

All member activities must follow the Synchro Swim Ontario documents, including policies, procedures, and handbooks.

1.0 Introduction

1.1 Conduct of Competitions

Ontario competitions shall be conducted according to Section 3.0 Administration in the CASSA Rule Book. In the event that a conflict arises between National Rules, these Provincial General Rules or those stated here under any specific competition, the rules specific to the competition shall take precedence over the Provincial Rules and Provincial Rules shall take precedence over National Rules. Where there is no Provincial rule, National rules will apply

1.2 CASSA Rulebook

See Synchro Canada Rulebook for any changes and details regarding penalties and draws.

2.0 Definitions

2.1 Eligible Swimmers

Ontario competitions are open to all swimmers properly registered as Amateurs with Synchro Swim Ontario, and holding a current CASSA membership. Ages, where applicable, shall be as of December 31 of the year in which the competition is held. CASSA rule 3.1, regarding eligibility, will apply for National competitors advancing to Divisional and Canadian Championships: i.e. must be a Canadian citizen or have landed immigrant status. A competitor must meet the Star level requirements for the Tier level entered in any given **national stream** competition. A non-Canadian competitor may swim as a member of a "Tier 6 16 & Over" team classified as a Tier 6 swimmer.

2.2 Athletes with a Disability

Athletes with a Disability fall into the following two categories; "Athletes with a Disability – Cognitive" and "Athletes with a Disability – Physical". Athletes with a Disability are exempt from some rules listed herein.

2.3 CASSA Definitions

Refer to CASSA Rulebook 2 - Definitions for additional definitions.

3.0 General Rules

3.1 Registration

As per CASSA Rule 3.1.1 Registration.

3.1.1 Club Registration

*Clubs must register as Competitive or **Novice (Recreational)**. A Competitive club may have a **Novice (Recreational)** component.*

3.1.2 **Novice (Recreational) Competitions**

Novice (Recreational) registered athletes may compete at designated Novice (Recreational) events.

3.1.3 Number of events entered

A competitor may enter four (4) complete events at any given competition: 1 Team, 1 Free Combination, 1 Solo, and 1 Duet. For all age groups except Senior a complete event consists of a Figures component and a Routine component in Solo, Duet and/or Team. For Seniors a complete event consists of a Technical Routine component and a Free Routine component in Solo, Duet and/or Team. The Free Combination event consists of a Routine component only.

3.1.4 Junior/Senior Team Exception

CASSA 3.1.5 notwithstanding the foregoing, a Junior FINA eligible age athlete may compete in both Junior and Senior FINA team. For any club entering the same athletes in both Junior and Senior FINA team the team make-up **MUST** be different for each event (alternates excluded). Changing the number of athletes from the Junior FINA Team to the Senior FINA team is not considered a difference.

3.1.5 Star Testing

3.1.5 a) Challenging Stars

An athlete can challenge any Star level in the Synchro Canada Star Award Program.

3.1.5 b) Provincial Stream Standard for Competitive Athletes

For Provincial Stream Age Groups, swimmers must have passed the minimum standard of Star 3 prior to **December 31st** of the competitive season to be a registered competitive athlete. A copy of the Star Test sheets from each club must be forwarded to Synchro Swim Ontario by **December 15th**.

3.1.5 c) National Stream Standards for Tier 6 and Tier 7

For National Stream Tier 6 15 & Under, Tier 6 16 & Over, and Tier 7 Junior/Senior, swimmers must have passed the appropriate Star test (Superstar 3 for Tier 6 and Superstar 5 for Tier 7) prior to **December 31st** of the competitive season and a copy of the Star Test sheets from each club must be forwarded to Synchro Swim Ontario by **December 15th**.

3.1.5 d) Judging

If a club uses a judge for star testing who is a non-member or a member who is not in good standing, the star test will be null and void.

3.1.5 e) No additional Star Testing (applicable for National Stream)

A swimmer may not be tested for a Star level which, if passed, would advance the swimmer to the next Tier level until after the swimmer's last meet of the competitive season.

3.1.6 Age Group/Tier of swimmer for competitive season

3.1.6 a) The age group in which a swimmer competes is their age as of December 31 of the competitive year.

3.1.6 b) The Tier in which a swimmer competes at the start of the competitive season shall be the Tier in which the swimmer competes for the remainder of the competitive season.

3.1.7 Re-calculating Age Group of a Provincial Stream Team

If a swimmer leaves the team prior to the team's first **provincial** routine competition (OWG Trials or OWG or Regionals), the average age must be recalculated and, if necessary, the swimmers compete at a different age group. If a swimmer leaves after the first routine competition of the season, the age group does not change.

3.1.8 Coach Eligibility

3.1.8 a) Age Group and 12 & Under Open Championships (Trilliums)

Every Coach of Figures or a Routine at the Age Group Championships or the 12 & Under Open Championships (Trilliums) shall have at least a full and current Level 1 **NCCP certification or Competition Introduction I in-training (attended the Comp Intro I course and submitted level 1 logbook for practical certification)** If the Coach does not meet this requirement a fine of \$50.00 is payable before the first event of the competition, to the Chief Referee

3.1.8 b) Provincial Championships

Every Coach of a Routine or Figures at the Provincial Championships shall have at least a full and current Level 2 NCCP certification or Competition Introduction **certification in the CBET**, with certain exceptions as noted below. If the Coach does not meet this requirement or fit the exception as noted, a fine of \$50.00 is payable, before the first event of the competition, to the Chief Referee. Exception - a Coach attending their first Provincial Championships may do so with a full Level 1 **NCCP** certification. Coaches without a full Level 1 certification **or Competition Introduction I in-training (attended the Comp Intro I course and submitted level 1 logbook for practical certification)** will not have deck privileges.

3.1.8 c) Coach Log Books

Coaches participating in Synchro Swim Ontario competitions with minimum coach certification requirements must submit completed log books no later than 1 week prior to the competition or a fine of \$50 will be imposed before the coach is allowed to have deck privileges.

3.2 Protests

3.2.1 Conflict of Interest

The following categories of people are deemed to have a conflict of interest and shall not officiate in the event in which the conflict arises:

3.2.1 a) A relative of a competitor

For purposes of this rule, a relative (including step relationships) is any of parent, child, sibling, uncle, aunt, nephew, niece, first cousin, grandparent, or spouse.

3.2.1 b) A coach of a competitor with the exception of National Team Trials, Team Ontario Trials and National Team Alternate selection

For the purposes of this rule, a coach is any person who Coaches Figures and/or Routines on a continuing basis.

3.2.1 c) A parent, child, sibling or spouse of a Coach.

3.2.1 d) An inhabitant of the same household of any of the above.

3.2.2 Using an official with a conflict

If a conflict is present at a meet, the Chief Referee is required to call a meeting of the Coaches with swimmers affected prior to the event to inform them as to the nature of the conflict. The event will only proceed using a panel with a conflict if it is unanimously agreed upon by all Coaches of swimmers in that event.

3.2.3 Resolution of disputes

Protests may initially be made verbally, to the Chief Referee before the end of the event involved. Written protest must be submitted by the head coach (or designate) together with a deposit of \$50 Canadian (returned if the protest is successful) and must be submitted within 30 minutes of the completion of the event. (See also CASSA rule book 3.3.2).

3.2.3 a) Dealing with a Protest

The Chief Referee shall arbitrate in case of protest; in the event that mediation is not possible, the matter shall be referred to the Jury of Appeal.

3.2.3 b) Jury of Appeal

Refer to CASSA 8.2.2 b)

OR Provincial Trials, Provincial Championships, Regionals, and Age Group Championships. Solos and duets cannot compete at Regional or Age Group Championships if they have registered or attend Divisionals as they have committed to National Stream competition.

Provincial Stream solos and duets may enter Provincial Trials and Provincial Championships IF they meet National Stream pre-requisites for Tier 6 (SS3) or Tier 7 (SS5), and must follow all National Stream rules at these competitions.

4.1.2 Number of Swimmers on a Team

4.1.2 a) Provincial Stream Competitions (Regionals, Age Group Championships)

A Provincial Stream team is composed of a minimum of 4 and a maximum of 10 swimmers with a maximum of 2 alternates. There will be no penalties relating to the number of swimmers on a team at Regional or Age Group Championship competitions. Note: These numbers may be different for Ontario Winter Games.

4.1.2 b) National Stream Competitions (Provincial Trials, Provincial Championships, Divisionals, Nationals)

In Tiers 6-7 a Team is composed of a minimum of 4 and a maximum of 8 swimmers with a maximum of 2 alternates for national stream. A penalty of .5 points per swimmer less than eight **WILL NOT** be deducted at Provincial Trials, Provincial Championships, Divisional and National events for the 2009-2010 season. Note: These numbers may be different for Canada Games.

4.1.3 Age Groups

All Teams should be comprised of swimmers from the same Age Group if possible. If it is not possible to form a Team comprised of swimmers from only one age group, a Team may be formed as follows:

4.1.3 a) Provincial Stream Teams

A Team in Provincial Stream Competition (Regionals, Age Group Championships) may be comprised of swimmers as follows, and if a team is comprised of swimmers from more than one age group the following will apply:

The Age Group in which a Team competes is determined by the average age of the members (including alternates) on the Team:

10 & Under	a blended team whose average age is 10.4 or lower
11-12 yrs	a blended team whose average age is 10.5-12.4
13 yrs	a blended team whose average age is 12.5-13.4
14 yrs	a blended team whose average age is 13.5-14.4
15 yrs	a blended team whose average age is 14.5-15.4
16-20 yrs	a blended team whose average age is 15.5-20.0

i) The maximum age eligible for Provincial Stream competition is 20 years of age as of December 31st of the competition year.

ii) 16-20 yr Teams averaging over 18.0 years are also eligible to compete in Masters Competition (18-34). Eligible athletes/teams may enter Masters competition(s) in addition to Provincial 16-20 Age Group competitions. All members of the team must be 18 as of Dec 31 and all Masters rules must be followed.

Method of Calculation: Add all of the ages of the members of the team (important: age of athletes as of December 31 of the competition year), and divide by the number of members on the team.

Example:

Swimmer 1 = 11 = Total Age (92) divided by No. of swimmers (8)
Swimmer 2 = 13 = 11.5
Swimmer 3 = 10 = 11-12 yrs Age Group
Swimmer 4 = 12
Swimmer 5 = 11
Swimmer 6 = 12
Swimmer 7 = 12
Swimmer 8 = 11

Team members will compete in their Age Group figure competition regardless of the Team Age Group. Team figure scores will be averaged from the different Age Group figure events (no D.D. used for Provincial Steam Age Group figures).

From the example:

The team above will compete in the 11-12 Team Age Group Competition. Team members aged 11 and 12 will also compete in 11-12 figures, however Swimmer 2 aged 13 will compete in the 13 yr (13-15) figure competition and Swimmer 3 aged 10 will compete in 10&U figures.

4.1.3 b) National Stream Teams

In Tier 6 the age groups will be 15 and under and 16 and over. In Tier 6 16 & over duet and team: In duet, one member must be 16 yrs of age or over while the age of the other duet member is open. In team, at least one member of the team must be 16 years of age or over while the rest of the age of the team is open. In Tier 6 16 & over, alternates may not be used as the 16 & over aged swimmer. (CASSA 3.1c)

A Team in Tier 7 may be comprised of Tier 6 (15 & Under and 16 & Over), and Tier 7 swimmers; provided in all cases, that they meet the Synchro Canada and/or FINA age requirements (if competing at Divisionals or at a National Championships).

4.1.3 c) National Stream - Tier 6

For National Stream Competition (Provincial Trials, Provincial Championships, Divisionals, Nationals) - All members of a Tier 6 Team must be in Tier 6.

4.1.3 d) Tier 6 16 & Over Team

"Tier 6 16 & Over Team" means a team event (team routine plus figures) in which teams may be comprised of swimmers from Tier 6 (15 & Under and 16 & Over), and Tier 7 (both Junior and Senior). * The average Tier level of the team must be Tier 6 (CASSA rule 3.10.7 c). *Swimmers must enter the figures competition for their appropriate tier (Senior swimmers would enter T7 Junior figures).

4.1.3 e) Free Routine Combination

See CASSA Rule 4.4

i) At Regionals and Age Group Championships there will be ONE combo team event. Combo teams can be comprised of any combination of athletes from any age group.

4.1.4 Teams qualifying for Provincial Events

When a Team entered in a Provincial Competition (Provincial Championships & Age Group Championships) has qualified through a Regional Competition (Provincial Trials, Regional Championships), at least one-half of the Team members entered in Provincial Competition must have swum at the Regional Competition.

4.1.5 Deckwork

For the deck work in Team or Free Combination, competitors may not execute stacks, towers or human pyramids (i.e. each competitor must have some part of their body touching the deck.). A two-point penalty shall be assessed for a deck movement violation (CASSA Rule 4.6.6). *At provincial competitions the same rule applies for Duets/Trios.

4.1.6 Routine Required Elements

Required Routine Elements shall be as outlined in Appendix B.

4.1.7 a) Athletes with a Disability

There are no required elements for Athletes with a Disability.

4.2 Figures

4.2.1 Figures

A swimmer may compete in only one Figure event, as determined by the swimmer's age as of December 31 of the competition year and the swimmer's corresponding age category (Provincial Stream), or Age and Tier level (National Stream).

Exceptions to this rule are:

- *The Lisa Alexander Meet where a swimmer may enter a provincial stream age group AND a National Stream competition ex) 11-12 Provincial Stream age group figures AND National Stream Tier 6 15&U figures*
- *The Trillium 12 & under Open Championships where swimmers may compete in both 10 & under and 12 & under figures*

4.2.1 a) Figures as a stand-alone event

Swimmers entered in free routine combination only may choose to enter the figures competition for their respective age group. For 12 & Under Open Championships (Trilliums), swimmers entered in only the 10 & under pre-set solo event may choose to enter the appropriate figures competition. In both cases, swimmers pay the same entry fees as those also swimming team events.

4.2.2 Swimmer's Apparel

For Figures Competitions, competitors shall wear plain black one-piece suits and white caps, both of which shall be devoid of identifying marks. Competitors may wear goggles and nose clips. See Section I: Ontario-Quebec Cup for exception.

4.2.2 a) Jewellery

Jewellery is not allowed, however it is recommended that medic-alert (or like emergency medical tags) be worn during competition.

4.2.3 Draw for Figures

4.2.3 a) National Stream Competitions (Provincial Trials & Championships)

Figure groups shall be drawn by the Chief Referee (or designate) 18-72 hours prior to the figures event for all competitions.

4.2.3 b) Provincial Stream Competitions

Figure groups shall be drawn by the Chief Referee (or designate) **two weeks** prior to the start of first scheduled practice time for the competition. This includes the Lisa Alexander Figure Meet and Trillium Championships. See Section H for Ontario Winter Games and Section I for Ontario-Quebec Cup.

4.2.4 Figure Groups

Figures shall be as outlined in Appendix A.

4.3 Categories: See CASSA Rule 4.1.1

4.3.1 National Stream

Swimmers wishing to participate in Eastern Divisionals, Canadian Espoir Championships or the Canadian Open Championships must be in the corresponding Tiers and Age categories (see CASSA Rulebook for awards):

Canadian Espoir Synchronized Swimming Championships:

Tier 6 15 & Under - Figures, Solo, Duet and Team

Tier 6 16 & Over – Figures, Solo, Duet and Team*

*Tier 6 16 & Over Team can have Tier 7 athletes on it as long as the average of the team is Tier 6. Athletes enter the figures competition for their appropriate tier (senior swimmers enter T7 Junior figures)

Tier 6/7 Free Combination (no figures) – must average Tier 6

Tier 7 figures, if needed.

Canadian Open Synchronized Swimming Championships (COSSC)

Tier 7 Junior FINA – Figures, Solo, Duet, and Team

Tier 7 Senior FINA – Technical and Free routines in Solo, Duet, and Team

Tier 7 Teams may be comprised of Tier 6 & 7 swimmers.

Senior/Junior FINA - Free Combination. See CASSA Rule 3.1.

Tier 6 figures, if needed.

4.3.1 a) National Stream - Free Routine Combination

There are two categories in National Free Routine Combination Competition:

Espoir Nationals Tier 6/7 (averaging 6); and COSSC Junior/Senior.

4.3.1 b) Medical Certification

The following athletes competing at Divisionals, Canadian Espoir Championships, or Canadian Open Championships must submit to Synchro Canada the required medical certification:

4.3.1 b i) 12 year old swimmers competing in Senior

4.3.1 b ii) 12 year old and younger swimmers competing in Junior, Tier 6 16 & Over and/or Free Routine Combination.

4.3.2 Provincial Stream

Regionals and Age Group Championship will consist of the following events:

10 and Under Figures and Team

11-12 years Figures, Duet/Trio and Team

13-15 years Figures*, Solo, Duet/Trio, Team**

*Figures will be run and awarded as three separate events:

13 years, 14 years and 15 years

**Team event will be run and awarded as three separate events:

13 years, 14 years and 15 years

13-15 Solo and Duet/Trio shall be run and awarded as one age group

16-20 years Figures, Solo, Duet/Trio and Team

Free Routine Combination (Open)

4.4 Time Limits

Provincial Stream	Solo	Duet/Trio	Team
10 & under	Pre-set	2:15	2:30
11-12 years	2:00	2:30	3:00
13 years	2:15	2:45	3:15
14 years			3:15
15 years			3:15
16-20 years	2:30	3:00	3:30
Free Combination	N/A	N/A	4:00

National Stream	Solo	Duet	Team
13-15 FINA	2:30	3:00	3:30
Junior FINA	3:00	3:30	4:00
Senior FINA - Tech	2:00	2:20	2:50
Senior FINA - Free	3:00	3:30	4:00
Free Combination Espoir (T6/T7)	N/A	N/A	4:00
Free Combination COSSC (Jr/Sr)	N/A	N/A	5:00

Masters	Solo	Duet/Trio	Team
Free Combination	N/A	N/A	5:00
Technical	1:30	1:40	1:50
Free	3:00	3:30	4:00
Trio Free Routine	N/A	3:30	N/A

See Section F for 12 & Under Open Championship (Trilliums) Routine Time Limits.

National Stream time limits are subject to change as per FINA rules.

4.4.1 Time Limit Penalty

There shall be an allowance of 15 seconds plus or minus the allotted time limit, beyond which a penalty shall be incurred.

4.4.2 Minimum time limits

Minimum time limits for routines shall apply at all competitions. Time limits shall be as stated in the CASSA Rulebook Glossary and in this document. Time limits for all competitions are outlined in their respective competition information sections. There shall be no minimum time limits for Athletes with a Disability, and Masters events.

4.4.3 Deck time

Maximum deck time is 10 seconds.

4.4.4 Walk on time

The walk on of the athletes from the designated starting point to achievement of a stationary position(s) may not exceed 30 seconds. Timing shall commence when the first swimmer passes the starting point and when the last swimmer becomes stationary (CASSA Rule 5.3.4).

4.4.5 Recording of time

Timers shall record the overall time, the deck work time, and the routine walk on time on the master score sheet to the nearest tenth of a second.

4.4.6 Time Violations

4.4.6 a) Overall Time Limits

A one point penalty will be deducted from the routine score if there is a deviation from the specified routine time allowance (less than or more) – CASSA Rule 6.7.1.

4.4.6 b) Deck Drill Time Limits

i) A one-point penalty shall be deducted from the routine score in the event that deck walk-on time is exceeded (CASSA Rule 6.7.2).

ii) A one point penalty shall be deducted from the routine score in the event that the time limit for routine deck work is exceeded (CASSA Rule 6.5)

4.5 Preliminaries and Finals

Preliminaries and Finals shall be held in all Routine events at all Provincial Competitions (includes Provincial Trials, Provincial Championships, Regional Championships, Age Group Championships, and 12 & under Open Championship (Trilliums) except as noted below:

4.5.1 Fewer than 15 competitors

For events with fewer than 15 competitors at the time of the draw for order of swim, the Chief Referee may decide to hold only the "Finals" portion of the event. In this case, the Figure score shall be used as the preliminary score for the final draw, and will follow CASSA rule 5.2.3.

4.5.2 Provincial Trials

At Provincial Trials only one "Finals" event will be held by random draw for all routine competitions. Figures may occur before or after the routine portion and the Championship score will be calculated accordingly.

4.5.3 Age Group Championships

At Age Group Championships all Duet and Solo entries will go straight through to Finals, seeded by figure results at Age Group Championships.

4.5.4 Number of routines qualifying for finals

4.5.3 a) Provincial Championships

At Provincials, the top 12 Routines plus ties in 12th place will proceed to finals from preliminaries based on Preliminary score (figures and routine combined score).

4.5.3 b) 12&U Open Championships (Trilliums), Regionals and Age Group Championships

At the 12 and under Open Championships (Trilliums), Age Group Championships and Regional Championships, the top 10 Routines plus ties in 10th place will proceed to finals from prelims based on the Preliminary score (figures and routine combined score).

4.5.5 National Stream - Tier 6 events

At Provincial Trials and Provincial Championships, Tier 6 events will be run as two separate events, held back-to-back, beginning with those in the 16 & Over age group and followed by the 15 & Under age group. If there are not enough swimmers (as per the Synchro Swim Ontario/Synchro Canada Guidelines) to warrant a preliminary event, that age group will swim finals only.

4.5.4 i) National Stream – Tier 6 Figures

There will be one draw for Tier 6 Figures at each Ontario meet. Both 15 & Under and 16 & Over swimmers will compete the same figure group.

4.6 Free Routine Combination

4.6.1 Provincial Stream Free Routine Combination

At Regional and Age Group Championships there will be one open combo event. Teams may be comprised of any combination of athletes from any age group. Order of draw will be random.

4.6.2 Provincial Trials and Provincial Championships

At Provincial Trials and Provincial Championships, there will be one combo event, awarded separately (Tier 6/7-averaging Tier 6-Espoir, and Tier 7 Jr/Sr-COSSC).

4.6.3 Number of athletes

There shall be a minimum of 4 and a maximum of 10 competitors. Teams may have up to two alternates

4.6.4 Start of routine and part

Start of the first part of routine may be on the deck or in the water. All subsequent parts must start in the water. A new part begins where the previous part ends. Between routine parts, the swimmers must remain in the water. They must look involved with the routine at all times.

4.6.5 Number of parts

At least two (2) parts must have fewer than three (3) swimmers and at least two (2) parts must have four (4) to ten (10) swimmers.

4.6.6 Penalties in Free Routine Combination

A one point penalty per infraction shall be deducted if there are less than the required number of parts in 4.6.5.

4.7 Music

Two music CD's or tapes, 1 marked "competition" and 1 marked "double" must be handed in 30 minutes prior to the club's designated spacing time. They shall be clearly marked with: Club name, Event name, Coach(es) name(s) and Swimmer or Team's name. CD's are now standard, therefore it will be the club's responsibility to advise if only tapes are being submitted to ensure that the appropriate sound system is available to accommodate tapes. If the two CDs/tapes are not provided as required, there will be a **\$25.00 fine**, to be paid immediately to the Chief Referee, or her designate.

4.8 Swim Suits and Head Apparel

4.8.1 Swim Suits

Suits must be one piece, non-transparent, in good moral taste. The suits must be devoid of advertising logos, trademarks or symbols other than a manufacturer's logo not exceeding 16 square centimetres and may not carry any symbol which may be considered offensive. Nothing may dangle from the swim suit. (See also FINA rule GR 5)

4.8.2 Head Apparel

Head apparel may not contain projecting objects.

5.0 Competition Management

5.1 Scoring

5.1.1 Calculation of Championship Score

Championship Score: The ratio for determining Championship Score at applicable meets shall be 50% Figure and 50% Routine for all categories (CASSA Rule 4.7 Scoring) For National Stream figures in Tier 6 (15 & Under and 16 & Over) & Tier 7, high and low marks are eliminated (*except in the case of a 3 judge panel*). The remaining marks shall be added and averaged and the results multiplied by the degree of difficulty assigned to the Figures (CASSA Rule 4.7 Scoring). In Provincial Steam Age Group Competition the degree of difficulty will not be used. In Free Routine Combination the Championship Score shall be calculated on the basis of 100% Routine Score. (See CASSA Rule 4.7 Scoring).

Note: Amendment to CASSA Rule 4.7.2 vii 2 ... For events where championship score is determined from figure and routine results the higher routine score shall be utilized to determine the highest placing. For events where championship score is determined from technical and free routine results the higher technical routine score shall be utilized to determine the highest placing. For events where only a technical or free routine is swum ties will not be broken. This means that in events where it is routine only ties will not be broken (in the past the technical merit mark was used to break ties).

5.2 Entries

5.2.1 Entry Fees

Entry fees to all Provincial Competitions and Championships (Provincial Trials, Provincial Championships, Regional Championships, Age Group Championships and

12 & Under Open Championships (Trilliums) as follows, and apply to all age groups. Entry fees will not be refunded after the entry deadline date.

Event	Entry Fee	Senior Exception
Figures	\$23.00	
Solo	\$29.00	\$46.00
Duet	\$40.00	\$69.00
Team	\$80.00	\$121.00
Land Drill	\$29.00	
LTAD/CS4L	\$25.00	
Entry Fees for Lisa Alexander Meet – See Section B		

5.2.2 Entry Forms

The Championship score from Regional Championships must be inserted on the Entry Form for the Age Group Championship Competition in the Qualifying Score column. For Provincial Championships the routine score from Provincial Trials is required on the Provincial Championship entry form. In Provincial events, scores do not have to be submitted for team events where all teams automatically qualify, however, scores are required for duet/trio and solo events. The meet entry package must be received by Synchro Swim Ontario no later than the entry due date as indicated in official entry package.

5.2.2 a) Late, incorrect and incomplete entry forms

Late, incorrect and incomplete entries will be assessed a financial penalty of \$25.00 per Routine. It is the Coach's and/or swimmers responsibility to pay this fine to the Chief Referee one hour prior to the beginning of the competition for that Age/Tier. Failure to do so shall result in disqualification. Fines and penalties are non-refundable.

5.2.2 b) No late entries, changes to entries, or additional entries will be allowed after 7 days prior to the of start of a competition.

5.2.2 c) Inclusion of Star/Superstar level

Entry forms for all National Stream competitions (Lisa Alexander, Provincial Trials, Provincial Championships, Divisionals and Nationals) must include the athletes highest completed Superstar. Failure to include this information will result in a \$50.00 fine to the club. Entry forms for all Provincial Stream competitions (Lisa Alexander, Regional Championships, Age Group Championships), must include the athletes highest completed Star or Superstar level. Entry forms for all Provincial Stream competitions include a column to verify that minimum Star 3 level has been achieved. Failure to do so will result in a \$50.00 fine for the club.

5.3 Entry Position

In order to ensure the safety of athletes, notice will go to all clubs in the meet information package, informing them of the designated point of entry for the specific competition. Coaches must comply with this decision or the Routine will be penalized according to CASSA Rule 4.6.5, which states: "...a one point penalty shall be assessed to a Routine which does not start at the end designated by the Meet Manager....". This rule does not apply to Athletes with a Disability.

5.4 Sound

5.4.1 Announcers

At provincial competitions, announcers will introduce a swimmer/team as "Competitor Number...". Home clubs and/or swimmer names will be given at the completion of the swim.

5.4.2 Music Sound Level

A decibel (sound level) meter shall be used to monitor the sound level and ensure that no person is exposed to average sound levels exceeding 90 decibels (RMS) or to momentary peak sound levels exceeding 100 decibels.

5.4.3 In the event of no spacing time

If no spacing time is allotted at a provincial competition, no less than 3 music pieces will be randomly selected and timed. This will occur before the first routine of the competition.

5.5 Thrown in the pool

In order to protect the association against the possibility of an insurance claim, and in order to ensure the personal safety of our members, there will be a financial penalty in the amount of \$200.00 assessed against any club where an individual is thrown into the pool at any Synchro Ontario event

6.0 Byes

6.1 Role of the Jury of Appeal

The Provincial Jury of Appeal shall have the power to authorize entry into the Provincial Championships or Age Group Championships, a competitor who entered but did not compete in a qualifying competition because of exceptional circumstances. See Appendix D.

6.1.1 Provincial Jury of Appeal

The Provincial Jury of Appeal, which deals with issues prior to and between competitions, thus ensuring consistent rulings, shall consist of three (3) members plus alternate, selected by the Board of Directors at the beginning of each year.

6.2 Byes for Competitions

Bye requests must be submitted to the Provincial Jury of Appeal through the Executive Director of Synchro Ontario prior to a competition (if there is an occurrence at an event see the Chief Referee of the competition). A written decision will be sent to the appropriate Club President or her/his official designate, who, in turn, will be responsible for submitting it to the Chief Referee of the meet. The athlete must be entered in the meet and then withdrawn from all events. Entry fees will be paid.

6.2.1 Bye Requests

The request for a bye must include all events in which the individual(s) is (are) entered, the club name, request letter/email and supporting documentation, eg. Doctor's note.

6.2.2 Withdrawal from events

The athlete will then be withdrawn from all events.

6.2.3 Teams

Regarding Teams that have one or more athletes with byes – Teams are required to swim in the Team Routine competition unless there are fewer than four (4) athletes.

6.2.4 Duets

Regarding Duets that have an athlete with a bye – If a member of a Duet receives a bye and there is an alternate for the Duet listed on the competition entry form, the alternate is required to swim in the Duet competition.

Section B: Lisa Alexander Meet

The Lisa Alexander Meet falls under the jurisdiction of Synchro Swim Ontario, and General Provincial Rules are to be followed.

1.0 Registration

- 1.1 Swimmers are to be registered in the stream (Provincial or National) in which they are expected to compete in the 2009-2010 season.
- 1.2 Provincial Stream swimmers are to be registered in the appropriate Age Group as per General Rule #2 for both the Figure and CS4L/LTAD events: "Ages, where applicable, shall be as of December 31 of the year in which the competition is held".
- 1.3 National Stream swimmers are to be registered in Tier 6 or Tier 7 figures. Ages for Tier 6 Figures (15&U and 16&O) and CS4L/LTAD events will be calculated as per General Rule #2 "Ages, where applicable, shall be as of December 31 of the year in which the competition is held".
- 1.4 Athletes can enter one or both of the National or Provincial Stream figures (entry fee due for each figure event). *Ex) National Stream Tier 6 15&U Figures and Provincial Stream 11-12 Figures.*
- 1.5 There will be no switching between National and Provincial Stream figures after the entry deadline.
- 1.6 For the Lisa Alexander Meet **ONLY** National Stream Tier 6 and Tier 7 athletes may enter the figure event for which they are expected to compete during the competitive season even if they have not yet achieved the required National Stream Superstar standard (Superstar 3 for Tier 6) and (Superstar 5 for Tier 7). For entry in National or Provincial stream figures the Star 3 (competitive registration) standard must be met.
- 1.7 Figure competition will be held as follows (*See Appendix A for Figure Groups*).

Provincial Stream:	National Stream:	Athletes with a Disability:
10 & Under	Tier 6	Physical
11-12 years	Tier 7 Junior	Cognitive
13 years		
14 years		
15 years		
16-20 years		

- 1.8 LTAD/CS4L events will be held as follows:

Age Group:	Stamina	Speed	Suppleness	Strength
8 & Under	100m Free	25m Front Flutter sprint (with flutter boards)	Split Testing TBA	TBA
9-10 yrs	200m Free			
11-12 yrs	300m Free			
13/14/15 yrs	400m Free			

2.0 Fees

2.1 Lisa Alexander Meet Entry Fees

Figure event	\$29.00 per swimmer/per event
LTAD/CS4L events only	\$25.00 per swimmer
One Figures event AND LTAD/CS4L	\$50.00 per swimmer

2.2 Fines for Entry Form Violations

Late, incorrect or incomplete entries will be assessed a financial penalty of \$100 per club. It is the Coaches and/or swimmers' responsibility to pay this fine to the Chief Referee one hour prior to the beginning of the Testing / competition for that level. Swimmers will not be allowed to participate if fines are unpaid.

Section C: Provincial Trials and Provincial Championships

Provincial Trials and Provincial Championship Competitions fall under the jurisdiction of Synchro Swim Ontario, and General Provincial Rules are to be followed.

1.0 Competition Format

1.1 Provincial Trials Attendance

Attendance at Provincial Trials is mandatory for ALL Tier 6 (15 & Under and Tier 6 16 & Over), Tier 7 Junior; and Tier 7 Senior Routines, and Free Combination Teams for qualification through to the Provincial Championships. Tier 6 (15 & Under / 16 & Over) and Tier 7 Junior figure competition is mandatory for those athletes with Tier 6, Tier 7 Junior, or Tier 6 16 & Over routines.

Provincial Steam Age Group Solos, Duets and Teams are welcome to enter Provincial Trials and Provincial Championships as long as they meet National Stream pre-requisites for Tier 6 and Tier 7, and must follow National Stream rules at these events.

1.2 Provincial Trials Events

The Provincial Trials shall consist of:

Figure competition for Tier 6 (15&U and 16&O), and Tier 7 Junior FINA
Solo competition for Tier 6 (15&U and 16&O), and Tier 7 Junior FINA
Duet competition for Tier 6 (15&U and 16&O), and Tier 7 Junior FINA
Technical and Free routine competition for Senior Solo, Duet and Team
Free Routine Combination competition for Tier 6/7 and Jr/Sr FINA

1.3 Provincial Championship Events

The Provincial Championships shall consist of:

Figure competition for Tier 6 (15&U and 16&O), and Tier 7 Junior FINA
Solo competition for Tier 6 (15&U and 16&O), and Tier 7 Junior FINA
Duet competition for Tier 6 (15&U and 16&O), and Tier 7 Junior FINA
Technical and Free routine competition for Senior Solo, Duet and Team
Free Routine Combination competition for Tier 6/7 and Jr/Sr FINA

Athletes wishing to qualify for and compete at the Eastern Divisional Championships shall swim according to those age categories indicated in Section A 4.3.1, see CASSA Rule 3.10.11.

1.4 Figures

Figures shall be according to CASSA Rules as found in Appendix A.

1.5 Routine Required Elements

Routine Required Elements can be found in Appendix B.

1.6 Seeding & Awards

All events will be seeded by Tier and awards given as per Appendix C.

2.0 Selection Process

2.1 Routine Selection

Routine Selection to Eastern Divisional Championships, from Provincial Championship Meet (See also CASSA rule 3.10.10)

2.1 a) All team routines that have competed at the Provincial Championships may compete at the Divisional Championships if eligible under Synchro Canada criteria

2.1 b) See Synchro Canada rules for quotas regarding solos and duets

2.1 c) Selection Committee determines those progressing based on quotas and Championship Scores

2.1 d) If there are breaks in the Championship Scores, the committee will look at the Figure scores and their categorization as it relates to the judge outlines

2.1 e) Quotas will be filled if the calibre of competitor is considered to be at the level of Divisionals.

2.1 f) Byes are added to the quotas. See Section A 6.0.

2.2 Selection Committee

The Selection Committee will consist of a Board of Directors delegate, the VP Coaches and the Chief Judge of the Meet, or their designates.

Section D: Eastern Divisionals and National Championships

These competitions fall under the jurisdiction of Synchro Canada, and Synchro Canada rules will apply.

Please note: Synchro Canada charges a \$50.00 fee per swimmer per competition over and above the Synchro Canada entry fees for Divisionals, Canadian Open Championships, Canadian Espoir Championships, and Masters Nationals.

Section E: Regional Championships and Age Group Championships

The Regional Championships and Ontario Age Group Championship Competitions fall under the jurisdiction of Synchro Swim Ontario, and General Provincial Rules are to be followed.

1.0 Competition Format

1.1 Figures

Athletes compete in their age group figures, as determined by their age as of December 31 of the competitive year. Athletes will compete in their respective age group regardless of the blended age group of their team.

Figure events will be as follows:

10&U, 11-12 years, 13 years, 14 years, 15 years, 16-20 years

Figure groups can be found in Appendix A.

1.2 Teams

1.2.1 As stated in General Rule 4.1.3 a) The Age Group in which a Team competes is determined by the average age of the members (including alternates) on the Team:

10 & Under	Average age of 10.4 or lower
11-12 yrs	Average age of 10.5-12.4
13 yrs	Average age of 12.5-13.4
14 yrs	Average age of 13.5-14.4
15 yrs	Average age of 14.5-15.4
16-20 yrs	Average age of 15.5-19.4

i)The maximum age eligible for Provincial Stream competition is 20 years of age as of December 31st of the competition year.

Method of Calculation: Add all of the ages of the members of the team (important: age of athletes as of December 31 of the competition year), and divide by the number of members on the team.

Example:

Swimmer 1 = 11 = Total Age (92) divided by No. of swimmers (8)
Swimmer 2 = 13 = 11.5
Swimmer 3 = 10 = 11-12 yrs Age Group
Swimmer 4 = 12
Swimmer 5 = 11
Swimmer 6 = 12
Swimmer 7 = 12
Swimmer 8 = 11

Team members will compete in their Age Group figure competition regardless of the Team Age Group. Team figure scores will be averaged from different age group competition (no D.D. used for Provincial Steam Age Group figures).

From example:

The team above will compete in the 11-12 Team Age Group Competition. Team members aged 11 and 12 will also compete in 11-12 figures, however Swimmer 2 aged 13 will compete in the 13 yr (13-15) figure competition and Swimmer 3 aged 10 will compete in 10&U figures.

- 1.2.2 At Regional and/or Age Group Championships a Team shall be made up of at least 4 competitors, but no more than 10 members

1.3 Duets

- 1.3.1 Duet/Trios may be averaged to determine which Age Group they will compete in.
Duet Age Group 11-12 = average age of duet partners of 12.4 and lower
Duet Age Group 13-15 = average age of duet partners of 12.5 to 15.4
Duet Age Group 16-20 = average age of duet partners of 15.5 to 20.0
- 1.3.2 The following duet/trio events will take place at Regional and Age Group Championships; 11-12 yrs, 13-15 yrs, 16-20 yrs.
- 1.3.3 Duets/Trios will not have a preliminary event at Age Group Championships, all entries will advance directly to finals, seeded by figure results at Age Group Championships.

1.4 Solos

- 1.4.1 The following solo events will take place at Regionals and Age Group Championships; 13-15 and 16-20.
- 1.4.2 Solos will not have a preliminary event at Age Group Championships, all entries will advance directly to finals, seeded by figure results.

1.5 Free Routine Combination

- 1.5.1 At Regionals and Age Group Championships there will be ONE combo team event. Combo teams can be comprised of any combination of athletes from any age group.
- 1.5.2 In the Free Combination Team event the order of swim will be a random draw.

1.6 Routine Required Elements

Routine Required Elements can be found in Appendix B.

1.7 Awards

Awards given as per Appendix C.

1.8 Panels

The two-panel system will be employed (Artistic and Technical Merit), whenever possible.

1.9 Land Drill

The land drill event will be scheduled in the Friday evening (or start of) Regional Championship Competitions. Open to all age group teams, excluding combos.

1.10 LTAD/CS4L events

LTAD/CS4L events for 12&U athletes will be held at Regional Championship Competitions.

1.11 Championship Scores

Championship Scores at Regionals and Age Group Championships are based on Figures and Routine, except for the Free Combination Team event.

1.12 Free Routine Combination

In Free Combination Team events the order of swim will be a random draw as per Section A 4.6.1.

1.13 Events

Events shall be held at each Regional Championships (CENTRAL, NORTH, EAST and WEST, or a combination thereof), and Age Group Championships as follows:

Event	Age Group	Regionals	Age Group Champs
Figures	10&U, 11-12, 13-15 (13/14/15) 16-20, AWD	X	X
Solo	13-15, 16-20, AWD	X	X
Duet	11-12, 13-15, 16-20, AWD	X	X
Team	10&U, 11-12, 13-15 (13/14/15), 16-20, AWD	X	X
Combo	Open	X	X
Land Drill	Teams, no combos	X	
LTAD/CS4L	8&U, 9-10, 11-12	X	
Masters (Open)	Free Solo, Duet/Trio, Team, Combo	X	

2.0 Advancing to Age Group Championships

2.1 Routine Selection to Age Group Championships from Regional Championships

2.1.1 Teams

All Age Group Teams automatically move on to Age Group Championships.

2.1.2 Duets

Top four (4) 11-12, 13-15, 16-19, AWD-P and AWD-C Duet/Trio Championship Scores from Central, East and West Regions automatically move on to Age Group Championships; Top three (3) 11-12, 13-15, 16-19, AWD-P and AWD-C Duet/Trio Championship scores from North Region automatically move on. No wildcard spots.

2.1.3 Solos

Top three (3) 13-15, 16-19, AWD-P and AWD-C Solo Championship Scores from Central, East and West Regions automatically move on to Age Group Championships; Top two (2) 13-15, 16-19, AWD-P and AWD-C Solo Championship scores from North Region automatically move on. No wildcard spots.

2.2 Qualification

All Routines competing at Age Group Championships must have competed in and qualified through their respective Regional Championships. Those attending Masters Open Championships are not required to attend their respective regional event.

2.3 National Steam Routines

Once a Team, Solo, or Duet has entered (registered) or competed at Divisionals in any Age Group or Tier (T615&U/T6Open/T7Jr/T7Sr) they may not enter any age category at Regional Championships or the Age Group Championships. The only exception will remain the Trillium 12&U Championships (See Section G).

Section F: Masters Open Championships

These rules apply to the Ontario Masters Open Competition only. Those attending Nationals, World's, etc must consult the FINA and CASSA Rulebooks. Masters Open Championships fall under the jurisdiction of Synchro Swim Ontario, and General Provincial Rules are to be followed.

1.0 Conduct of the Meet

1.1 Two Panel System

The two-panel system will be employed (Artistic and Technical Merit), whenever possible.

1.2 Events

Events shall include team, duet, trio, solo, team (free) and combo. Tech routines will be exhibition only with no awards presented. Those wishing to exhibit their technical routine(s) for judges feedback must pay the appropriate entry fee for each of technical and free routines.

1.3 Draws

All events will be random draw and awards given as per Appendix C.

1.4 Required Elements

There will be no Figure events and no required elements at regional or provincial meets

1.5 Free Routine Combination

Free Routine combination routines must have a minimum of two parts with less than 3 swimmers and a minimum of two parts of four or more swimmers of penalties will be assessed as per CASSA

2.0 Qualifying for Masters Open Championships

Competitors are not required to attend Regional competitions in order to attend Master's Open Championships.

3.0 Ages

3.1 Qualifying Age

In Regional Championships and Masters Open Championships in Ontario, Masters is 18 years of age & over. For Canadian Masters competitions, Masters is 19 & over (CASSA Rule 3.1).

3.2 Duets, Trios, Teams

For duets, trios and teams, age is determined by the average age of the competitors.

3.3 Age Groups

Age groups will be as follows (no age groups observed at Regionals). Swimmers ages are averaged to determine category in which they compete: 18-34 yrs; 35-49 yrs; 50-64 yrs; 65 and over.

Note: Masters Teams averaging 18-20 are also eligible to compete in Provincial Stream Age Group Competition (16-20). These athletes/teams may enter Provincial Stream Age Group Competition in addition to Masters competitions. All provincial age groups rules must be followed. Likewise, Provincial Age Group 16-20 athletes/teams that are also age eligible for Masters competition (18-34) may enter Masters competitions. All athletes in the Masters event, regardless of averaging ages, must be 18 yrs of age and all Masters rules must be followed.

4.0 Time Limits

There are no minimum times for solo, duet, trio, team or combo

- Solo (free) - Maximum 3:00 +/- 15 seconds
- Duet (free) & Trio (free) - Maximum 3:30 +/- 15 seconds
- Team (Free) - Maximum 4:00 +/- 15 seconds
- Free Combo – Maximum 5:00 +/- 15 seconds
- Technical routines: solo (1:30 +/- 10 seconds), duet/trio (1:40 +/- 10 seconds), and team (1:50 +/- 10 seconds)

Section G: 12 & Under Open Championships (Trilliums)

The 12 & Under Open Championships (Trilliums) falls under the jurisdiction of Synchro Swim Ontario, and General Provincial Rules are to be followed.

1.0 Conduct of meet

All athletes competing must be 12 years of age or younger in the competitive year. Athletes entered in 10&U events must be 10 years of age or younger in the competitive year.

1.1 Events

The 12 & Under Open Championships (Trilliums) events will be as follows:

10 & Under Preset Solo	12 & Under Free Solo
10 & Under Free Duet/Trio	12 & Under Free Duet/Trio
10 & Under Free Team	12 & Under Free Team
10 & Under Figures	12 & Under Figures

1.1.1 Athletes entered in 10&U Duet or 10&U Team are required to compete in 10&U Figures. Athletes with a 10&U Duet but on a 12&U Team are required to do both sets of figures (10&U and 12&U).

1.1.2 Athletes entered in 12&U Solo, Duet or Team must compete in 12&U Figures.

1.2 Time Limits

	Solo	Duet	Team
10&U	Pre-set	Min 2:00, +/- 15 sec, Max 2:30, +/- 15 sec	Min 2:00, +/- 15 sec, Max 2:45, +/- 15 sec
12&U	Min 2:00, +/- 15 sec, Max 2:30, +/- 15 sec	Min 2:30, +/- 15 sec, Max 3:00, +/- 15 sec	Min 2:30, +/- 15 sec, Max 3:30, +/- 15 sec

1.2.1 Deck time for 12&U Open Championship (Trilliums) routines

Deck Work: Maximum 10 seconds for all routines

1.3 Eligible Competitors

Swimmers 12 & under and currently registered as a Recreational/Novice "R" Athlete with Synchro Ontario may "upgrade" to a Competitive "C" Athlete in order to enter 10 & under or 12 & under events. Swimmers must be members of a registered Club and complete a minimum of Star 3 by the entry deadline. Star test sheets and competitive "upgrade" fee must accompany the entry forms. Required "upgrade" fee will be \$76 - Recreational/Novice Athlete fee (\$9) = \$67.

1.4 Team Composition

A Team is composed of a minimum of 4 and a maximum of 10 swimmers with a maximum of 2 alternates. Teams will be composed of 4 - 10 swimmers. There will be no penalties for teams with less than 8 swimmers.

Section H: Ontario Winter Games

2010 Ontario Winter Games Qualifying Process & Participation

The Ontario Winter Games (OWG) is open to all registered competitive athletes who are 22 years of age or younger as of December 31 of the year of the games (December 31, 2010). Synchronized swimming event categories for the 2010 Ontario Winter Games are:

- 11-12 Yrs (average age as per rulebook explanation of calculating team ages) compete in **ONE** category in the following events: Team, Duet, Solo, Figures, Flexibility & Land Drill (up to 2 duets and 2 solos from each qualifying team)
- 13-15 Yrs (average age as per rulebook explanation of calculating team ages) compete in **ONE** category (not broken down into 13, 14, 15, etc) in the following events: Team, Duet, Solo, Figures, Flexibility & Land Drill (up to 2 duets and 2 solos from each qualifying team)

The Ontario Winter Games will follow rules for competitions as in the Ontario Age Group Championships (Provincial Rulebook) with the inclusion of the following:

Team/Athlete participation:

- **TEAM EVENT:** In either age group, teams are permitted a maximum of 8 swimmers plus 1 coach/manager. There are no alternates. NOTE: Team athletes can only swim on one team (either 11-12 or 13-15).
- **FIGURES EVENT:** All athletes compete in the figures event (two or four figures) as per provincial rules. Figure groups will be announced at least one week prior to the start of the games.
- **DUETS:** Each team that qualifies for and attends the OWG may enter 2 duets from their team roster. Duets are comprised of 2 swimmers as per provincial duet rules. Duet athletes can swim in one duet event only. Teams who qualify are allowed to provide 11-12 or 13-15 duets only, who swim in their proper age group.
- **SOLOS:** Each team that qualifies for and attends OWG may enter 2 solos from their team roster. Teams who qualify are allowed to provide 11-12 or 13-15 solos only, who swim in their proper age group.
- **FLEXIBILITY:** Flex is a stand-alone event. All athletes will participate.
- **LAND DRILL EVENT:** The Land Drill event is a stand-alone event and does not affect any other event at the Games. Land drill events will be: 11-12 and 13-15 Team.

Awards:

- Team event – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze
- Figures event – Awards by age group (11-12; 13-15; and any additional required categories (as a result of blended teams); Synchro Ontario ribbons; top 6 in each category
- Duet events – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze
- Solo events – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze
- Flexibility – Gold, silver, bronze standards
- Land Drill event – Awards for 11/12 category and 13-15 category; Synchro Ontario medals/ribbons, top 6 in each category

Qualifying Procedure:

- All coaches attending the games must be a fully certified NCCP 2 or equivalent (TBD)
- All routines must be judged at their OWG Regional Qualifying Meet, which may or may not be coupled together with other regions (East, Central, West, North)
- Each OWG Regional Qualifying Competition will consist of 11-12 and 13-15 figures and team events only. There will be no awards at the qualifying meets. Draws will occur as per provincial competitions listed in the rulebook.
- The championship scores obtained at the OWG Regional Qualifying Meets shall be the mark used to qualify for Ontario Winter Games. By attending the Qualifying event, you are committing to attend the games should you place in the top categories. If a team declines their spot at the OWG or fails to attend the Games, that team will pay a \$500 fine to Synchro Ontario.
- The top two teams in each age group from the East, Central and West regions qualify to the Games. The top team in each age group from the North qualify to the games. At the Ontario Winter Games,

regional synchro representatives will be coupled with athletes from other regions in the Ontario Winter Games regional competition design. Therefore, you may be moved into a regional name different from Synchro Ontario's regional categories.

- If the host city or town (as defined by municipal boundaries) of Ontario Winter Games has a registered club, or if a club who is hosting as the "closest to that region", that host club is granted a "bye" into all events regardless of their placing at the regional qualifier. Where more than one club exists, and none place first at the OWG Regional Qualifier, the teams obtaining the highest scores at the OWG Regional Qualifying Meet from the host city/town will be eligible to compete at the Ontario Winter Games. Host clubs must attend OWG Regional Qualifiers.
- If a team from the host city places first in an event in the OWG Regional Qualifying Meet, whichever team places second in that event will also qualify for the Ontario Winter Games.
- Pending availability of athlete spots or need to increase participant numbers (determined by Synchro Swim Ontario in accordance with the Ontario Winter Games), a wildcard draw will be used. Additionally, should a region be unable to field a team, spots may be filled by the next highest ranking team in the region that is drawn in the wildcard selection.

Pre-Swimmers:

- There will be no pre-swimmers at this event.

Section I: Ontario-Quebec Cup (TBA)

Ontario-Quebec Cup - To be announced.

Section J: Sanctions

All synchronized swimming demonstrations, exhibitions and competitive or educational events taking place in Ontario fall under the jurisdiction of the Corporation of Synchro Swim Ontario.

Written requests for sanctions are required for the events where registered swimmers are participating: exhibitions, demonstrations, water shows, fundraisers, synchro camps or educational clinics, competitions/activities using certified officials and/or presenting awards (including Star Testing) and those events held out of province (excluding Nationals and Divisionals).

Clubs are pre-sanctioned for: routine club activity such as weekly training/practices; recreational testing that does not involve certified officials, participation and hosting of Synchro Swim Ontario competitions/events and invitational events/competitions that are sanctioned by Synchro Swim Ontario.

Sanction forms are available on the association website or from the Synchro Ontario office and, after completed are to be forwarded to the Executive Director.

- It is the responsibility of the Club President to request sanction from Synchro Swim Ontario.
- **Certified officials are not permitted to participate in non-sanctioned events.**
- Any saleable items that include Synchro Swim Ontario designations and/or its logo have to be approved in advance by the Executive Director.
- All certification courses (Trillium Instructor, NCCP/CBET, JTACS, etc) are under the jurisdiction of Synchro Swim Ontario and as such, must be organized through the office staff.
- Clubs will be notified if their request has been granted by email and a copy will be kept in the Synchro Ontario office. In the case of Invitational Meets, a copy of the sanction, whether granted or declined will be forwarded to the club and a copy kept in the Synchro Ontario office.
- The insurance company is now collecting information on the use of alcohol at events. At this time they do not anticipate that additional riders need to be purchased by the clubs for such events, however, they are looking at the types of socials that are occurring.

There are three different sanction procedures.

1. Invitational Meets/Events

This process is to be followed when a sanction is needed for invitational meets/events. Typically, these events will involve more than one club, require the use of officials, may require the need of pool time outside of regular practice, and there is likely a participation process such as registration or payment to participate. Synchro Ontario events and competitions take precedence over invitational events.

Application: Applications for sanction will be accepted after provincial meets for the upcoming year relative to the sanction's requested dates are announced and must be submitted at least three months in advance of the requested date(s) or a **\$50 late fee applies**. Sanction requests will be granted after considering several items including: dates in relation to Synchro Ontario events; other sanctioned events; dates in relation to the use of resources (including officials), location of the event, invitees, history of hosting, etc. Sanctioned events will be posted. Synchro Ontario events and competitions take precedence over invitational events.

Fines: Any events deemed by Synchro Ontario as an "invitational meet or event" that takes place without a sanction or with a sanction that does not reflect the event is subject to a **\$500.00 fine**. Further, any club that participates in an unsanctioned event is subject to a \$100.00 fine.

2. Regular Club Events

This process is to be followed when a sanction is needed for a regular club event. Pre-sanctioned events include your club's weekly training/practices; testing that does not involve certified officials; and participation in Synchro Swim Ontario competitions (such as Lisa Alexander Meet, Regional Championships, Provincial Championships, National Championships, etc). Synchro Ontario events and competitions take precedence over invitational events.

Application: Applications for sanction is required two weeks prior to the event/activity. Multiple dates for an activity can be recorded on the same form.

Fines: Any events that take place without a sanction or with a sanction that does not reflect the event is subject to a **\$50.00 fine**.

Activities requiring sanction include but are not limited to:

Try Synchro! Event	Star Testing	Club try-outs/registration
Club Water Show	Hosting Clinic	Promotional Static Display
Club Fundraiser	Promotional Swim Demonstration	
Promotional Events	Social/Party	Burning Bright
Travel out of Ontario, but NOT out of Canada (excludes pre-sanctioned events)		

3. International

Synchro Swim Ontario must be aware of any synchronized swimming participation by its members (to include Coaches, Athletes and Officials). Written permission must be obtained from Synchro Canada as per Synchro Canada By-Laws (www.synchro.ca). A copy of the written request for sanction and a copy of the written permission from SC must be forwarded by the club to SO prior to the event or SO cannot in any way be held responsible.

Section K: Membership Program Design

ANYONE can become a general member of Synchro Canada and its Provincial sections through their participation as either a swimmer or non-swimmer (Coach, judge, administrator, parent or interested person) along with the payment of the appropriate general membership fees.

To become a member of Synchro Swim Ontario, please contact the office at:
 208 Hillyard St. Unit 227, Hamilton, ON L8L 6B6
 Phone: 905-572-SYNC (7962) Fax: 905-572-7700 or Email: jherman@synchroontario.com
 Website: www.SynchroOntario.com

Club and Individual Membership Options (annual) Include:

Category Name	Description	Fees		
		Synchro Ontario	Synchro Canada	Total Fees
General Members	All persons attending and/or exercising a role at Synchro Canada meeting(s) of the General Membership, Board of Directors, Executive members and all other interested supporters who wish to register.	\$22	\$23	\$45
Associate Members	Individuals who do not fit the criteria in the above Synchro Canada membership categories. Associate members would be provincial and Club Executives or other volunteers who do not exercise a direct role with Synchro Canada.	\$22	\$4	\$26
Competitive Program ("C" Club)	A club registered as such with competitive and Recreational/Novice swimmers. Competitive swimmers participate in Regional, Provincial, National or International competitions.	\$118	\$100	\$218
Competitive "C" Athletes	Amateur swimmers who compete at Regional, Provincial, National or International competition, and are registered with a CASSA/AFC card.	\$78	\$38	\$116
Competitive Masters Club ("CM" Club)	A Masters club solely registered as such with competitive and recreational Masters swimmers. Competitive Masters swimmers participate in Regional, Masters Provincial, National or International competitions.	\$50	\$100	\$150
Competitive "CM" Master Athletes	Amateur swimmers who compete at Regional, Provincial, National or International Masters competitions, and are registered with CASSA.	\$78	\$15	\$93
Novice (Recreational) Program ("R" Club)	A club registered with only recreational swimmers (Trillium or Star based programs). These clubs are not eligible to attend Synchro ON events such as Regional, Provincial or Age Group Championships.	\$45	\$42	\$87
Novice (Recreational) "N(R)" Athletes	Swimmers who participate in a club's Novice (Recreational), skill-based program, such as Trillium/Pansy Forbes or Star. They are not eligible to attend Synchro ON events such as Regional, Provincial or Age Group Championships. Includes Masters Novice (Recreational) swimmers.	\$7	\$4	\$11
Special Programs Swimmer (SP)	Participants who are registered for a special program of the club that lasts longer than one day, such as a camp, and is not a regular program of the club (which requires a Recreational/Novice membership). Should the program be less than one day in length, participants are considered "guests" and are not registered, however a list of names is to be submitted to the Synchro ON office. Should the participant wish to participate in an additional club program such as a Recreational/Novice session, they can upgrade their membership to "R" (additional fees apply).	\$1	N/A	\$1
Provincial Coach	A coach who will be coaching on-deck for provincial sanctioned meets or coaches only within their local club and not at the national level.	\$22	\$4	\$26
National Coach	A coach who will be coaching on-deck for national sanctioned meets in addition to provincial sanctioned meets.	\$22	\$23	\$45
Provincial Official	An Official (Judge, Referee, etc.) participating at the regional and/or provincial level.	\$22	\$4	\$26
National Official	An Official (Judge, Referee, etc.) participating at the national and/or international level.	\$22	\$23	\$45

Scholastic (S)

Shall be those schools that have swimmers at the recreational and scholastic competitive levels only (Elementary, Middle and High School). These programs are registered with Synchro Swim Ontario and are eligible to participate in Invitational events between other schools but are unable to participate in Competitive events such as Synchro Swim Ontario Provincial Trials, Age Group Championships, Regional Championships, etc.

“S” Scholastic Club	\$ 50.00
“S” Scholastic Swimmers	\$ 10.00
“S” Scholastic Coach/“TRI” Instructors-community (only)	\$ 5.00

University (U)

Shall be those schools that have swimmers at the recreational and scholastic competitive levels only (College, University). These programs are registered with Synchro Swim Ontario and are eligible to participate in Invitational events between other schools but are unable to participate in Competitive events such as Synchro Swim Ontario Provincial Trials, Age Group Championships, Regional Championships, etc.

“U” University Club	\$ 50.00
“U” University Swimmers	\$ 10.00

Community Recreational Program (CRP)

Shall be Swim Synchro/Trillium/Star Award Programs run by municipalities, not-for-profit agencies, private pools, camps, etc. These programs are eligible to participate in Invitational events between other Recreational Clubs/Programs, but are not eligible to participate in Competitive events.

Population	1-100,000	\$100.00
	100,001-500,000	\$150.00
	500,001-999,000	\$200.00
	1,000,000+	Shall be broken down into smaller units.

Summer Camp Program

Summer Camp Program	\$ 50.00
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Competitive athlete (including Masters) pay a levy of \$22.00 per person/per year, and an award fee of \$11.00 per person/per year. This is payable upon registration to the association each fall.

Membership fees are non-refundable.

All clubs (with the exception of **Community Recreational Program (CRP)** Members, Scholastic, University and newly formed clubs) must register with Synchro Ontario, with payment and club registration to be in the hands of Synchro Ontario, no later than October 1st of the current competitive year. Failure to comply with this deadline will result in a \$100 fine. (From Synchro Ontario Financial Policy)

Section L: Competitor Representation

1. **Club and Swimmer Upgrade** - To compete in all Ontario competitions, clubs must be registered as Competitive clubs; and swimmers must be registered as Competitive athletes.

If a Recreational/Novice club wishes to compete in meets other than those designated as Recreational/Novice, the club and the swimmers must upgrade to the Competitive level *and meet entry requirements*.

Procedures to be followed for upgrading from Novice (Recreational) to Competitive are exactly the same as for registering a competitive club and competitive swimmers except that the fees due will be the difference between current registration and proposed level (e.g.: Novice (Recreational) club upgrading to Competitive pays a fee of \$218 - \$87 = \$131 and a Novice (Recreational) swimmer pays \$116 - \$11 = \$105 to become a Competitive swimmer).

2. **Transfer Swimmers** - In sanctioned competitions no synchronized swimmer may represent more than one synchronized swimming club during the competitive year (September 1 to August 31), except under the following circumstances:
 - a) Swimmers taking up permanent residence in a province other than Ontario may be granted permission to transfer by the Officers of the Corporation
 - b) Swimmers transferring from one club to another within Ontario must submit to the appropriate Registrar a "Swimmer Transfer Form" and the fee designated by the Officers of the Corporation.

For both (a) and (b) there shall be a mandatory waiting period of thirty (30) days from the last date a swimmer attended a practice, competition or scheduled event with the original club. During this thirty (30) day period the swimmer shall be known as a transfer swimmer. Transfer swimmers may compete only in Solo and Figure events during the waiting period. Extraordinary circumstances regarding the waiving of the waiting period shall be considered by the Board of Directors.

Procedures:

Transfer swimmer forms may be obtained from the Synchro Swim Ontario office. They must be filled out in duplicate and sent, with \$10.00 fee, to Synchro Swim Ontario. The date of release on the form is the last date on which the swimmer participated in an activity (practice, competition, etc.), with the club she is leaving. An official of this club must authorize the date by signing the transfer form. The thirty-day waiting period begins on that date.

If a swimmer enters a competition during the waiting period, the words "transfer swimmer" should be put on the line designated for club name.

Note: All swimmers and club registrations expire on August 31, so these transfer swimmer rules do not apply to a swimmer joining a different club at the beginning of the season in September

3. **Out of Province Swimmers** - Athletes attending out of country universities need not attend Regional meets, however, they must return for Provincial and Divisional qualifying meets. Exceptional circumstances may be considered at the discretion of the Synchro Swim Ontario Board of Directors.

Appendix A: Figure Groups & Descriptions

Judging Qualifications for Synchro Canada Star and Superstar Testing:

Star Level:

Stars 1-9
Star 10, Superstar 1-2
Superstar 3, 4, 5
Superstar 6 & 7

Judge Level:

JTAC Level 1 - 5 (only one judge needed)
JTAC Level 2 - 5 (only one judge needed)
JTAC Level 2 - 5 (3 judges needed)
JTAC Level 3 - 5 (3 judges needed)

Competitive athletes must pass Star tests as follows:

Age Group/Tier	Minimum Star Requirement	Pass Marks – as of Sep 1/04
Any Provincial Stream: 10&U, 11-12, 13-15, 16-20	Star 3	4.5
Tier 6 (15&U or 16&O)	Superstar 3	5.5
Tier 7 (Jr or Sr)	Superstar 5	6.0

10 & Under

The Figure groups for Provincial Stream 10 & Under shall be as listed below and their draw shall be conducted according to Synchro Ontario General Rule # 19.

Compulsory:

1	302	Blossom	1.4
2	320	Front Pike Somersault	1.7

Optional Groups:

Group 1

3	310	Back Tuck Somersault	1.1
4	101	Ballet Leg Single	1.6

Group 2

3	303	Somersault Back Pike	1.5
4		Sailboat Alternate	1.3

10 & Under Figure Descriptions

302 Blossom

From a **Back Layout Position** the trunk is lowered as the hips are bent to assume a Submerged **Ballet Leg Double Position**. The feet separate along the surface as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle height. A Vertical Descent is executed.

320 Front Pike Somersault

From a **Front Layout Position**, a Front Pike Position is assumed. As the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. Maintaining this position the body somersaults forward around a lateral axis so that the hips replace the head at one quarter point to assume a Submerged **Ballet Leg**

Double Position. The buttocks, legs and feet travel downward until the hips occupy the position of the head at the beginning of this action. With continuous movement, the body continues to somersault around a lateral axis so that the hips replace the head at each quarter point of the revolution until the head and buttocks return to the surface. As the legs move upward to assume a **Front Layout Position** the head, back and buttocks travel along the surface until the hips occupy the same position as the head at the beginning of this action.

310 Back Tuck Somersault

From a **Back Layout Position** the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion the tuck becomes more compact as the body somersaults backwards around a lateral axis for one complete revolution. A **Back Layout** is resumed.

101 Ballet Leg Single

Begin in **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Position**. The knee is straightened without movement of the thigh to assume a **Ballet Leg Position**. The knee is bent without movement of the thigh to a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

303 Somersault Back Pike

From a **Back Layout Position** with the body remaining parallel and close to the surface, the legs are lifted rapidly to assume a **Back Pike Position**. Without a pause the body somersaults backwards around a lateral axis until the feet and head simultaneously reach the surface. A **Back Layout Position** is resumed.

Sailboat Alternate

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is resumed. Repeat with the other leg.

11-12

The Figure groups for Provincial Stream 11-12 years shall be as listed below and their draw shall be conducted according to Synchro Ontario rule 4.2.3.

Compulsory:

1	101	Ballet Leg Single	1.6
2	360	Walkover Front	2.1

Optional Groups:

Group 1

3	321	Somersub	2.0
4	315	Kipnus	1.6

Group 2

3	355	Porpoise	1.9
4	301	Barracuda	2.0

11-12 Figure Descriptions

101 Ballet Leg Single

Begin in **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Position**. The knee is straightened without movement of the thigh to assume a **Ballet Leg Position**. The knee is bent without movement of the thigh to a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

360 Walkover Front

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

321 Somersub

From a **Front Layout Position**, a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is lowered to a **Submerged Ballet Leg Position**. Maintaining this position, the body rises vertically to a **Surface Ballet Leg Position**. The *Ballet Leg* is lowered.

315 Kipnus

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.

355 Porpoise

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.

301 Barracuda

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

13, 14, 15

The Figure groups for Provincial Stream 13, 14, and 15 years shall be as listed below and their draw shall be conducted according to Synchro Ontario rule 4.2.3.

Compulsory:

1	420	Walkover Back	2.0
2	355	Porpoise	1.9

Optional Groups:

Group 1

3	342	Heron	2.1
4	311	Kip	1.8

Group 2

3	240	Albatross	2.2
4	360	Walkover Front	2.1

Group 3

3	301	Barracuda	2.0
4	140	Flamingo Bent Knee	2.4

16-20

The Figure groups for 16-20 years shall be as listed below and their draw shall be conducted according to Synchro Ontario rule 4.2.3.

Compulsory:

1	420	Walkover Back	2.0
2	355	Porpoise	1.9

Optional Groups:

Group 1

3	342	Heron	2.1
4	311	Kip	1.8

Group 2

3	240	Albatross	2.2
4	360	Walkover Front	2.1

Group 3

3	301	Barracuda	2.0
4	140	Flamingo Bent Knee	2.4

13, 14, 15 and 16-20 Figure Descriptions

420 Walkover Back

With the head leading a *Dolphin* is initiated. The hips, legs and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Back* is executed.

355 Porpoise

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.

342 Heron

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is bent with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs. A *Thrust* is executed to a **Bent Knee Vertical Position**, with the foot of the bent leg moving simultaneously to the inside of the vertical leg during the rise. A *Vertical Descent* is executed in a **Bent Knee Vertical Position** at the same tempo as the *Thrust*.

311 Kip

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the

former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed.

240 Albatross

With the head leading, a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface, as the body rolls onto the face as it assumes a **Front Pike Position**. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. The bent knee is extended to the Vertical Position. A *Vertical Descent* is executed.

360 Walkover Front

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

301 Barracuda

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

140 Flamingo Bent Knee

A Flamingo is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent knee is extended to **Vertical Position**. A *Vertical Descent* is executed.

Tier 6 National Stream (13-15, 16 & Over)
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The Figure groups for Tier 6 13-15 and 16 & Over shall be as listed below and their draw shall be conducted according to Synchro Ontario General rule 4.2.3. D.D. = degree of difficulty

Compulsory:

1	420	Walkover Back	2.0
2	355e	Porpoise Spinning 360°	2.1

Optional Groups:

Group 1

3	342	Heron	2.1
4	311a	Kip 1/2 Twist	2.2

Group 2

3	240	Albatross	2.2
4	345	Catalina Reverse	2.1

Group 3

3	301d	Barracuda Spinning 180°	2.1
4	140	Flamingo Bent Knee	2.4

Tier 6 National Stream (13-15, 16 & Over) Figure Descriptions

420 Walkover Back

With the head leading a *Dolphin* is initiated. The hips, legs and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Back* is executed.

355e Porpoise Spinning 360°

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A 360° spin is executed.

342 Heron

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is bent with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs. A *Thrust* is executed to a **Bent Knee Vertical Position**, with the foot of the bent leg moving simultaneously to the inside of the vertical leg during the rise. A *Vertical Descent* is executed in a **Bent Knee Vertical Position** at the same tempo as the *Thrust*.

311a Kip 1/2 Twist

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A 1/2 Twist is executed. A *Vertical Descent* is executed.

240 Albatross

With the head leading, a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface, as the body rolls onto the face as it assumes a **Front Pike Position**. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. The bent knee is extended to the Vertical Position. A *Vertical Descent* is executed.

345 Catalina Reverse

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Crane Position**. A *Catalina Reverse Rotation* is executed. *The Ballet Leg is lowered*.

301d Barracuda Spinning 180°

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A 180° *Spin* is executed at the same tempo as the *Thrust* to complete the figure.

140 Flamingo Bent Knee

A Flamingo is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent knee is extended to **Vertical Position**. A *Vertical Descent* is executed.

Tier 7 Junior

The Figure groups for Tier 7 Junior shall be as listed below and their draw shall be conducted according to Synchro Ontario rule 4.2.3. D.D.= degree of difficulty

Compulsory:

1	313	Kip Split Closing 180°	2.5
2	112f	Ibis Continuous Spin (720°)	2.8

Optional Groups:

Group 1

3	336	Gaviata Open 180°	2.8
4	436	Cyclone	2.7

Group 2

3	355b	Porpoise Full Twist	2.5
4	150	Knight	3.1

Group 3

3	307	Flying Fish	3.0
4	115c	Catalina Twirl	2.8

Tier 7 Junior Figure Descriptions

313 Kip Split Closing 180°

A Kip Split is executed to a Split Position. During a 180° rotation, the legs are closed symmetrically to Vertical Position. A *Vertical Descent* is executed.

112f Ibis Continuous Spin (720°)

A *Ballet Leg* is assumed. Maintaining this position, the body is rotated backwards around a lateral axis through the hips to assume a **Crane Position**. The horizontal leg is lifted to a **Vertical Position**. A *Continuous Spin* is executed.

336 Gaviata Open 180°

A Gaviata is initiated to a Vertical Position. Continuing in the same direction, the legs open symmetrically during a 180° rotation to a Split Position. A *Walkout Front* is executed.

436 Cyclone

Nova is executed to a **Bent Knee Surface Arch Position**. The legs are simultaneously lifted to a **Vertical Position** as a *Twirl* is executed. A $\frac{1}{2}$ *Twist* in the opposite direction is executed. A *Vertical Descent* is executed.

355b Porpoise Full Twist

From a Front Layout Position, a *Front Pike Position* is assumed. The legs are lifted to Vertical Position. A *Full Twist* is executed. A *Vertical Descent* is executed.

150 Knight

A *Ballet Leg* is assumed. Maintaining the position of the legs, the head moves downward as the lower back arches to a **Knight Position**. The body straightens as the non-ballet leg is lifted to vertical and as the ballet leg bends, the foot follows a vertical line through the hips, to assume a **Bent Knee Vertical Position**. A *Half Twist* is executed. The back arches as the extended leg lowers to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened and with continuous motion, an *Arch to Back Layout* is executed.

307 Flying Fish

From a Back Layout Position the legs are raised to vertical as the body is submerged to a Back Pike Position with the toes just below the surface. A *Thrust* is executed to a Vertical Position and with no loss of height one leg is rapidly lowered to a Fishtail Position and without a pause the horizontal leg is rapidly lifted to a Vertical Position. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

115c Catalina Twirl

A *Ballet Leg* is assumed. A *Catalina Rotation* is executed. The horizontal leg is lifted to **Vertical Position**. A *Twirl* is executed. A *Vertical Descent* is executed.

Athletes with a Disability

Figure Groups

AWD - Cognitive

Level 1

Compulsory: Sailboat Alternate; Tub Turn

Group 1: Side Flutter; Ballet Leg Single

Group 2: Front Layout; Stationary Eggbeater

Level 2

Compulsory: Ballet Leg Single; Back Tuck Somersault

Group 1: Sailboat Alternate; Traveling Eggbeater

Group 2: Front Pike Pull Down; Tub Turn

Level 3

Compulsory: Back Pike Somersault; Neptunus

Group 1: Ballet Leg Alternate; Double Arm Eggbeater

Group 2: Kip; Traveling eggbeater

AWD - Physical

Level 1

Compulsory: Sailboat Alternate; Tub Turn

Group 1: Side Flutter; Ballet Leg Single

Group 2: Front Layout; Stationary Eggbeater

Level 2

Compulsory: Front Pike Somersault; Ballet Leg Single

Group 1: Back Tuck Somersault; Neptunus

Group 2: Double Arm Eggbeater; Kip

Level 3

Compulsory: Front Walkover; Flamingo Bent Knee (figure)

Group 1: Kip Split; Albatross

Group 2: Back Walkover; Ballet Leg Alternate

Appendix B: Routine Required Elements

Provincial Stream Routine Elements

ALL BODY POSITIONS MUST BE CLEARLY DEFINED AND DONE IN ORDER LISTED PER AGE GROUP

10 & under team:

1. Eggbeater, one arm raised, at a minimum of 45 degrees off the surface of the water and to the side. Arm to be fully extended from shoulder to finger tips. Travel is optional
2. Travelling Sailboat Sequence. Starting in a **back layout** include at least two (2) of the following: right sailboat, left sailboat, ballet leg right, ballet leg left, ending is optional.
3. Side Flutter kick, arms optional, travelling is required.
4. Back layout to inverted tuck position; ending is optional

12 & under team:

1. Travelling Eggbeater, one arm raised at a minimum of 45 degrees off the surface of the water and to the side. Arm to be fully extended from shoulder to finger tips. Travel is mandatory.
2. Travelling Ballet Leg sequence: Starting in a **back layout** include at least two(2) of the following: ballet leg right, ballet leg left, flamingo right, flamingo left, double ballet leg, ending is optional
3. Front Pike pull down, lift to fishtail, ending is optional. Element starts from extended front layout.
4. Kipnus (full figure)
5. Split position followed by a walkout front, finishing when face emerges in extended back layout position.

National Stream Routine Elements:

FINA REQUIRED ELEMENTS FOR TECHNICAL ROUTINES

GENERAL REQUIREMENTS

1. Supplementary elements may be added.
2. Unless otherwise specified in the description of an element:
 - All figures or components thereof shall be executed according to the requirements described in appendices II-IV.
 - All elements shall be executed high and controlled, in uniform motion with each section clearly defined.
3. Duet required elements # 4, # 9 and Team required elements # 1, # 5, # 8, # 9 shall be judged within remaining 30 % of the Execution score.
4. Time limits as in SS 14.1.
5. FINA competitions must use category A. One category must be chosen for any specific competition. See categories B and C in FINA SS Manual.

Category A

SOLO REQUIRED ELEMENTS (A)

Required elements 1 – 6 are to be performed in the order listed.

- 1 From a **Front Pike Position**, a *Full Twist* is executed as the extended legs are lifted to a **Vertical Position**. Continuing the same direction, a *Full Twist* is executed followed by a *Continuous Spin* of 1440° (4 rotations). [DD 3.3]
- 2 *Rocket Split* is executed to an **Airborne Split Position**, maintaining maximum height the front leg is lifted vertically as the back leg moves to a **Vertical Bent Knee Position**. The vertical leg is lowered backward toward the surface as the bent leg extends forward to assume an **Airborne Split Position**. [DD 3.1]
- 3 Boost – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. Immediately afterwards, a second boost with both arms above the surface is executed. A second descent is executed until the swimmer is completely submerged. [DD 2.5]

- 4 Beginning with a straight leg lift to a **Ballet Leg Position**, 116 - Catalarc is executed with compulsory head first travel while assuming the ballet leg. [DD 2.9]
- 5 *Combined Spin* is executed. A *descending Spin* of 1080° (3 rotations) followed, without a pause, by an equal *ascending Spin* in the same direction. [DD 3.0]
- 6 From a **Submerged Back Pike Position**, 307e - Flying Fish Spinning 360° is executed. [DD 3.2]

DUET REQUIRED ELEMENTS (A)

Required elements 1 – 8 are to be performed in the order listed.

- 1 *Continuous Spin* of 1440° (4 rotations). [DD 3.3]
- 2 From a **Back Layout Position**, travelling ballet leg combination beginning with a straight leg lift to a **Ballet Leg Position**. The horizontal leg is lifted to a **Ballet Leg Double Position**. Maintaining the **Ballet Leg Double Position** a rotation of 360° is executed, the first leg is lowered to a **Ballet Leg Position**, the second leg is lowered to a **Back Layout Position**. The legs are held straight throughout the element. [DD 2.5]
- 3 Rocket Split - A *Thrust* to a **Vertical Position** followed by two rapid alternating **Airborne Split Positions**, followed by a join to a **Vertical Position** with maximum height. A *Vertical Descent* is executed. [DD 3.4]
- 4 A connected action – connected, joined or intertwined movements. Lifts, throws and platforms are not included.
- 5 Maintaining a **Fishtail Position**, three rapid *full twists* are executed at maximum height. [DD 2.9]
- 6 Boost – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. [DD 1.7]
- 7 From a **Split Position** rotation of a 180° is executed as the legs are symmetrically lifted and closed to a **Vertical Position** followed by a *Half Twist* in the same direction. A *Twirl* is executed in the opposite direction; completed by a *Continuous Spin* of 1080° (3 rotations) in the same direction as the *Half Twist*. *Half Twist*, *Twirl* and *Continuous Spin* to be executed in **Vertical Position**. [DD 2.3]
- 8 *Thrust* followed by a rapid 360° *Spin*. [DD 2.2]
- 9 With the exception of the deck work, entry and a connected action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by both swimmers. Mirror actions are not permitted.

TEAM REQUIRED ELEMENTS (A)

Required elements 1 – 7 are to be performed in the order listed.

- 1 Acrobatic move – Jump
 - a. Two simultaneous jumps are required.
 - b. Underwater set-up is optional, but all remaining swimmers must be involved.
 - d. Each jump performs simultaneous identical movements facing the same direction.
 - e. Each jump must rise once with supported person becoming airborne at peak of lift.
- 2 A *thrust* is executed to a **Vertical Position**, maintaining maximum height a *Twirl* is executed as one leg is lowered to a **bent knee vertical position**. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge with the same tempo as *Thrust*. [DD 2.3]
- 3 A Nova is executed to the completion of a **Bent Knee Surface Arch Position**; the legs are simultaneously lifted to a **Vertical Position** as the bent knee is extended. A *Continuous Spin* of 1080° (3 rotations) is executed until heels reach the surface, without submergence, followed by a rapid *Spin Up 180°*. A *Vertical Descent* is executed at the same tempo as *Spin Up 180°*. [DD 2.9]
- 4 Boost – a rapid head-first rise, with a maximum amount of the body above the surface of the water. Both arms must be lifted at or above the shoulder line as the body reaches maximum height. A descent is executed until the swimmer is completely submerged. [DD 1.7]
- 5 Cadence Action with legs – identical leg movement(s) performed sequentially one-by-one by all team members. When more than one cadence action is performed, they must be consecutive, and not separated by other optional or required elements. There shall be at least 2 consecutive pattern changes during the cadence action.
- 6 From a **Front Pike Position**, porpoise lift is executed to a **Vertical Position**. A *full twist* is executed, then the legs are lowered symmetrically to a **Split Position**. A *walkout front* is executed. [DD 2.9]

- 7 *Rocket Split* is executed to an **Airborne Split Position**, maintaining maximum height the legs are lifted to a **Vertical Position** as *twirl* is executed with a rapid *Vertical Descent*. [DD 2.6]
- 8 The pattern formations must include a straight line and circle.
- 9 With exception of the deck work, entry and the Cadence Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all team members except during the circle pattern. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted.

Appendix C: Medals, Ribbons, and Trophies

FIGURES Award Structure	
10 & Under	
11-12 Years	
13-15 Years* - 13 yrs / 14 yrs / 15 yrs	
16-20 Years	
Tier 6* – 15 & Under (15&U) AND 16 & Over (16&O)	
Tier 7 Junior	
Trophies	
Trophies and medals for routines with figures are awarded based on Championship Scores.	
*Trophies are presented to the athlete achieving the highest mark in that Age Group or Tier.	
Additional notes at end of this section.	

Lisa Alexander Meet:

Category	Event	Award
Figures	10&U, 11-12, 13 yrs, 14 yrs, 15 yrs, 16-20, T6 15&U, T6 16&O, T7 Junior	1 st -3 rd medals; 4 th -6 th single ribbons
	10&U Figures	Synchro Swim Ontario 10&U Champion Trophy
	11-12 Figures	Synchro Swim Ontario 11-12 Champion Trophy
	13-15 Figures	Synchro Swim Ontario 13 Yr Champion Trophy*, 14 Yr Trophy, & 15 Yr Trophy
	16-20 Figures	Erin Woodley Trophy
	Tier 6 Figures	Sheilagh Croxon Trophy*
	Tier 7 Junior Figures	The Lisa Alexander Trophy
LTAD/CS4L	Stamina: 8&U (100m free), 9-10 (200m free), 11-12 (300m free), 13/14/15 (400m free)	Synchro Swim Ontario LTAD passport: Gold, Silver, Bronze & Participation stickers for achievements in each discipline. 1 st -6 th single ribbons for Stamina and Speed events for each age group.
	Speed: all ages (25m head up front flutter with flutter board)	
	Suppleness: Split testing (TBA)	
	Strength: TBA	

Provincial Trials:

Category	Event	Award
Figures	Tier 6-15&U; Tier 6-16&O; Tier 7Jr.	1 st -6 th place single ribbons
Solo	Tier 6-15&U; Tier 6-16&O; 7Jr & Sr	1 st -6 th place single ribbons
Duet	Tier 6-15&U; Tier 6-16&O; 7Jr & Sr	1 st -6 th place single ribbons
Team	Tier 6-15&U; Tier 6 16&O; 7Jr & Sr; Tier 6/7 Combo; Jr/Sr Combo	1 st -6 th place single ribbons

Provincial Championships:

Category	Event	Award
Figures	Tier 6-15&U; Tier 6-16&O; Tier 7 Jr.	1 st -3 rd Medals; 4 th -6 th championship ribbons
	Tier 6 Figures	Marilyn Wallace Trophy*

	Tier 7 Jr. Figures	Synchro Swim Ontario T7 Jr. Champion Trophy
Solo	Tier 6-15&U; Tier 6-16&O; 7Jr; 7 Sr Free	1 st -6 th routine (single) ribbons
	Tier 6-15&U; Tier 6-16&O;7Jr; 7 Sr	1 st -3 rd Medals; 4 th -6 th championship ribbons
	Tier 6 Solo	Joyce Corner Trophy*
	Tier 7 Jr. Solo	The Evelyn Mishko Trophy
	Tier 7 Sr. Solo	Penny Tregale Trophy
Duet	Tier 6-15&U; Tier 6-16&O; 7Jr; Tier 7 Sr Free	1 st -6 th routine (single) ribbons
	Tier 6-15&U; Tier 6-16&O; 7Jr; 7 Sr	1 st -3 rd Medals; 4 th -6 th championship Ribbons
	Tier 6 Duet	Leslie Taylor Trophy*
	Tier 7 Jr. Duet	Trophy (donated by Toronto Synchro)
	Tier 7 Sr. Duet	The Claire Carver-Dias Award Trophy
Team	Tier 6-15&U; Tier 6 16&O; Tier 7 Jr.; Tier 7 Sr	A Trophy will be presented to T6 15& U as well as T6 16&O winners 1 st -6 th routine (single) ribbons
	Tier 6-15&U; Tier 6 16&O; Tier 7Jr; Tier 7 Sr; Tier 6/7 Combo (averaging 6-Espoir); Jr/Sr Combo (COSSC)	1 st -3 rd medals; 4 th -6 th championship ribbons
	Tier 6-15 & under Team	Lynn Johnson Award (Trophy)*
	Tier 7 Jr. Team	Amy Caskey Award (Trophy)
	Tier 7 Sr. Team	Synchro Swim Ontario T7 Sr. Champion Trophy
	Tier 6/7 (averaging 6) Combo Team (Espoir)	Trophy (donated by Synchro Optima)*
	Tier 7 Jr/Sr. Combo Team (COSSC)	TBA
	Tier 6 16&O Team	TBA
Aggregate	Tier 6 Individual Aggregate	1970 Dian-Wheeler Rounding Trophy*
	Tier 7 Jr. Individual Aggregate	The Sharer Trophy
	Tier 7 Sr. Individual Aggregate	Katherine Bottomley Award Trophy
All-Round	Tier 6 All-Round	Synchro Swim Ontario Award Plaque*
	Tier 7 Jr. All-Round	Synchro Swim Ontario Award Plaque
	Tier 7 Sr. All-Round	Synchro Swim Ontario Award Plaque

Regional Championships:

Category	Event	Award
Land Drill	Teams only, no combos	1 st – 6 th routine (single) ribbons
LTAD / CS4L Events	Stamina: 8&U (100m free), 10&U (200m free), 12&U (300m free)	Synchro Swim Ontario LTAD passport: Gold, Silver, Bronze & Participation stickers for achievements in each discipline. 1 st -6 th single ribbons for Stamina and Speed events for each age group.
	Speed: all ages (25m head up front flutter with flutter board)	
	Suppleness: Split testing (all 3)	
	Strength: TBA at meet	
Figures	10&U, 11-12, 13 yrs, 14 yrs, 15 yrs, 16-20, AWD-C, AWD-P	1 st -3 rd Medals; 4 th -6 th championship ribbons
Solo	13-15, 16-20, AWD-C, AWD-P	1 st -6 th routine (single) ribbons
	13-15, 16-20, AWD-C, AWD-P	1 st -3 rd Medals; 4 th -6 th championship ribbons
Duet/Trio	11-12, 13-15, 16-20,	1 st -6 th routine (single) ribbons

	AWD-C, AWD-P, Masters	
	11-12, 13-15, 16-20, AWD-C, AWD-P, Masters	1 st -3 rd Medals; 4 th -6 th championship ribbons
Team	10&U, 11-12, 13 yrs, 14 yrs, 15 yrs, 16-20, AWD-C, AWD-P, Masters	1 st -6 th routine (single) ribbons
	10&U, 11-12, 13 yrs, 14 yrs, 15 yrs, 16-20, AWD-C, AWD-P, Masters,	1 st -3 rd Medals; 4 th -6 th championship ribbons
Free Routine Combination	Combo, Masters Combo	1 st -3 rd Medals; 4 th -6 th championship ribbons

Masters Open Championships:

Masters Open Championships Award Structure (does not apply to Regional events)	
	18-34 years
	35-49 years
	50-64 years
	65 & over
There are no awards for tech routines.	
There are no trophies.	

Category	Event	Award
Solo	Masters Free Solo	1 st -3 rd Medals; 4 th -6 th championship ribbons
Duet/Trio	Masters Free Duet / Trio	1 st -3 rd Medals; 4 th -6 th championship ribbons
Team	Masters Free Team	1 st -3 rd Medals; 4 th -6 th championship ribbons
Free Routine Combination	Masters Combo	1 st -3 rd Medals; 4 th -6 th championship ribbons

Age Group Championships:

Category	Event	Award
Figures	10&U, 11-12, 13 yrs, 14 yrs, 15 yrs, 16-20, AWD-C, AWD-P	1 st -3 rd Medals; 4 th -6 th championship ribbons
	10&U Figures	Synchro Swim Ontario 10&U Champion Trophy
	11-12 Figures	Synchro Swim Ontario 11-12 Champion Trophy
	13 yrs Figures	Trophy
	14 yrs Figures	Trophy
	15 yrs Figures	Trophy
	16-20 Figures	Synchro Swim Ontario 16-20 Champion Trophy
Solo	13-15, 16-20, AWD-C, AWD-P	1 st -6 th routine (single) ribbons
	13-15, 16-20, AWD-C, AWD-P	1 st -3 rd Medals; 4 th -6 th championship ribbons
	13-15 Solo	Synchro Swim Ontario 13-15 Champion Trophy
	16-20 Solo	Synchro Swim Ontario 16-20 Champion Trophy

Duet/Trio	11-12, 13-15, 16-20, AWD-C, AWD-P	1 st -6 th routine (single) ribbons
	11-12, 13-15, 16-20, AWD-C, AWD-P	1 st -3 rd Medals; 4 th -6 th championship ribbons
	11-12 Duet	Trophy
	13-15 Duet	Trophy
	16-20 Duet	Trophy
Team	10&U, 11-12, 13 yrs, 14 yrs, 15 yrs, 16-20, AWD-C, AWD-P	1 st -6 th routine (single) ribbons
	10&U Team	Trophy
	11-12 Team	Trophy
	13 yrs Team	Trophy
	14 yrs Team	Trophy
	15 yrs Team	Trophy
	16-20 Team	Trophy
Free Routine Combination	Combo Team	1 st -3 rd Medals; 4 th -6 th championship ribbons
		Trophy
Club Aggregate	Age Group Club Aggregate Award	Trophy
	AWD Club Aggregate Award	Trophy

12 & Under Open Championships (Trilliums):

Category	Event	Award
Figures	12 & U Figures	1 st -3 rd Medals; 4 th -6 th championship ribbons
	12 & U Figures	Carolyn Kryzwicki Trophy
	10 & Under Figures	1 st -3 rd Medals; 4 th -6 th champ ribbons
	10 & Under Figures	Trophy (donated by Mary Jane Ling)
Team	12 & U Free Team	1 st -6 th place routine (single) ribbons
	12 & U Free Team	1 st -3 rd Medals; 4 th -6 th champ ribbons
	12 & U Team	The Iris Pypers Award Trophy
	10 & Under Team	1 st -6 th place routine (single) ribbons
	10 & Under Team	1 st -3 rd Medals; 4 th -6 th champ ribbons
	10 & Under team	Trophy (Variety Village)
Duet	12 & U Free Duet/Trio	1 st -6 th routine (single) ribbons
	12 & U Free Duet/Trio	1 st -3 rd Medals; 4 th -6 th champ ribbons
	12 & U Duet/Trio	Trophy
	10 & Under Duet/Trio	1 st -6 th routine (single) ribbons
	10 & Under Duet/Trio	1 st -3 rd Medals; 4 th -6 th champ ribbons
	10 & Under Duet/Trio	Trophy (Durham)
Solo	12 & U Free Solo	1 st -6 th routine (single) ribbons
	12 & U Free Solo	1 st -3 rd Medals; 4 th -6 th championship ribbons
	12 & U Solo	Trophy
	10 & U Preset Solo	1 st -3 rd Medals; 4 th -6 th championship ribbons
	10 & U Solo	Trophy

Additional Notes:

Free Routine Combination Notes:

At Provincial Championships, combo will swim as one event and be awarded in two categories: Tier 6/7 Combo (averaging Tier 6-Espoir) and Tier 7 Jr./Sr. Combo (COSSC).

At Regionals and Age Group Championships, combo will be ONE event. Teams can be composed of any combination of age group athletes. At Age Group Championships one combo trophy will be awarded.

GENERAL:

1. In the event of a tie, refer to CASSA Rule 5.5.3b, followed by 5.6.2 if there is no way to break the tie. **Synchro Canda amendment to CASSA Rule 4.7.2 vii 2 ... For events where championship score is determined from figure and routine results the higher routine score shall be utilized to determine the highest placing. For events where championship score is determined from technical and free routine results the higher technical routine score shall be utilized to determine the highest placing. For events where only a technical or free routine is swum ties will not be broken. This means that in events where it is routine only ties will not be broken (in the past the technical merit mark was used to break ties.)**
2. In the event of a tie for first place, swimmers shall hold the trophy for an equal length of time.
3. Awards will be presented to Team alternates provided they are active Team members.
4. A Club is responsible for the engraving of, and repairs to, any damage or loss to Provincial trophies while they are in the possession of the Club or its Swimmers. The Club is also responsible to ensure the return of the trophy to next year's appropriate competition. There will be a \$100.00 fine per each trophy not returned to the meet manager before spacing ends, or for trophies returned damaged. The trophies must be returned to the meet manager, and the meet manager must make note of the condition of the trophy upon return
5. Club Aggregate Award (Age Group Championships) - For club aggregate trophy, each club enters two placings for each Age Group event. AWD will be awarded its own aggregate trophy. Points are as follows using ROUTINE ONLY placings:

Placing	Figures	Solo	Duet	Team
1 st	8	8	10	12
2 nd	6	6	8	10
3 rd	5	5	6	8
4 th	4	4	5	7
5 th	3	3	4	6
6 th	2	2	3	5

6a. Individual Aggregate Award (Provincial Championships)

Aggregate Award for Tier 6 (15 & under) & Tier 7 Junior – Athletes must compete in each of the four of the events listed below. Add the four numbers obtained from figures, solo, duet and team based on the calculation below. The lowest score places first in aggregate. For each competitor, points are awarded for placings as follows:

- Figures placing x 4
- Solo placing x 3
- Duet placing x 2
- Team placing x 1

Routine placings are from routine only scores from final events for finalists and from preliminary events for swimmers not qualifying for final events. Swimmers placings must all come from events in the same Tier. If no swimmers have competed in all four events in a Tier, no Aggregate Award will be presented in that year for that tier.

Aggregate Award for Tier 7 Senior – Athletes must compete in each of the six events listed below. Add the six numbers obtained from the events listed below based on the calculation below. The lowest score places first in Aggregate. For each competitor, points are awarded for placings as follows:

- Solo placing x 3 (tech AND free)
- Duet placing x 2 (tech AND free)
- Team placing x 1 (tech AND free)

Routine placings are for routine only scores from tech and free routines. Swimmers placings must all come from Tier 7 Senior events. If no swimmers have competed in all six events in this Tier, no Aggregate Award will be presented that year. Only first place is presented for Aggregate Award.

6b. All Round Swimmer Award (Provincial Championships)

All-Round Award for Tier 6 (15 & under) and Tier 7 Junior. Athletes must compete in at least three of the four events listed below. Add the lowest three of the four numbers based on the calculation below. The lowest score places first in All-Round. For each competitor, points are awarded for placings as follows:

- Figures placing x 4
- Solo placing x 3
- Duet placing x 2
- Team placing x 1

Routine placings are from routine only scores from final events for finalists and from preliminary events for swimmers not qualifying for final events. Swimmers placings must all come from events in the same Tier. In any tier in which no swimmers have competed in at least three events that year, no All-Round Award will be presented in that year for that tier. Only first place is presented for All-Round Award.

All-Round Award for Tier 7 Senior – Athletes must compete in at least **four** of the events listed below. Add the lowest four of the six numbers based on the calculation below. The lowest score places first in All-Round. For each competitor, points are awarded for placings as follows:

- Solo placing x 3 (tech AND free)
- Duet placing x 2 (tech AND free)
- Team placing x 1 (tech AND free)

Routine placings are for routine only scores from tech and free routines. Swimmers placings must all come from Tier 7 Senior events. If no swimmers have competed in all four events that year, no All-Round award will be presented. Only first place is presented for All-Round Award.

Further change to awards for this – in the event of a tie, multiple names will be listed on the trophy/plaque, applied by the award winners as per Appendix C, General rule #4. It is the responsibility of the award winners to manage the sharing of the trophy throughout the year, returning it to the following year's competition.

7. Results

Because of stress on new scorers and volunteers, and to reduce the high cost of photocopier rentals at meets:

- At all Ontario competitions, results will first be posted in a location for viewing by coaches (preferably on deck), and then in a public location for parents, and/or athletes.
- Award presentations may occur at any time following the posting of results as per the Meet Managers' schedule and the Scorer's progress.
- Results will be posted on the Synchro Swim Ontario website and may or may not be sold to the public at the competition.
- Coaches will not necessarily get results in their club/coach envelopes/files, prior to an award presentation.

Appendix D: Synchro Swim Ontario Appeals Outline

Club/staff issues:

For appeals pertaining to club discipline issues, harassment, contract matters or employment, etc. refer to the “Synchro Swim Ontario Appeals & Review Policy”, which is posted on the website and found in your club Policy Manual.

Prior to and between competitions (selection):

For matters relating to issues prior to and between competitions, refer to the “Jury of Appeal Process – prior to and between competitions” which is posted on the website and found in your club Policy Manual and Section A Subsection 3.2 Protests

For appeals pertaining to Tier 1 athletes who do not qualify to compete by virtue of age, see the “Admission of Tier 1 Athletes Ineligible by Virtue of Age” policy and application, which is posted on the website and found in your club Policy Manual.

During a competition:

For appeals during a competition (resolved on site by the Referee and that competition’s Jury of Appeal) refer to the Synchro Swim Ontario Guidelines, Section A, #1 and the Synchro Canada Rulebook, 6.15.1 and 6.15.2.

Please note the Synchro Swim Ontario Guidelines, Section A, number 1 & 3 for general information.